



Chupe de Pollo con Chipotle (Chicken Chowder with Chipotle)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 7 ounce chipotles in adobo canned
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 6 cups fat-skimmed beef broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 6 garlic clove crushed
- ☐ 1 teaspoon ground cumin
- ☐ 15.5 ounce hominy white rinsed drained canned
- ☐ 8 lime wedges
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 12 ounces potatoes – remove skin red cut into 1/2-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken breast boneless skinless
- ☐ 0.3 cup whipping cream

Equipment

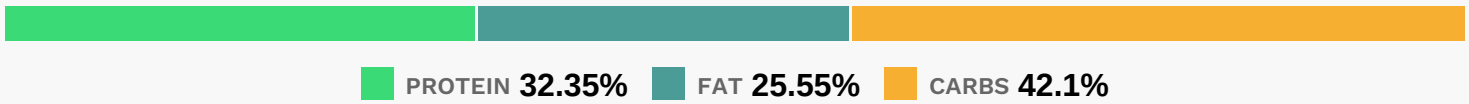
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Remove 1 chile and 1 teaspoon adobo sauce from can; reserve remaining chiles and sauce for another use. Finely chop chile; set chile and sauce aside separately.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add chopped chile, onion, and next 6 ingredients (through garlic); cook 7 minutes or until onion is tender, stirring frequently. Stir in broth; bring to a boil.
- ☐ Add chicken; cover, reduce heat to medium-low, and simmer 30 minutes or until chicken is tender.
- ☐ Remove chicken with a slotted spoon, and cool slightly. Shred chicken with 2 forks; cover and keep warm.
- ☐ Remove pan from heat; let stand 5 minutes.

- ☐
- Place one-third of broth mixture in a blender; process until smooth.
- ☐
- Pour pureed broth mixture into a large bowl. Repeat procedure in two more batches with remaining broth mixture. Return pureed broth mixture to pan. Stir in potatoes and hominy; bring to a simmer over medium heat. Cook, uncovered, 20 minutes or until potatoes are tender. Stir in chicken and cream; simmer 5 minutes.
- ☐
- Remove from heat, and stir in reserved adobo sauce, tomato, cilantro, and salt.
- ☐
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:2.32, Inflammation Score:-10, Nutrition Score:19.806521762972%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 269.45kcal (13.47%), Fat: 7.73g (11.9%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 21.85g (7.94%), Sugar: 7.34g (8.15%), Cholesterol: 62.84mg (20.95%), Sodium: 1160.39mg (50.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.07%), Vitamin A: 3138.68IU (62.77%), Vitamin B3: 10.81mg (54.05%), Selenium: 33.7µg (48.15%), Vitamin B6: 0.88mg (43.8%), Phosphorus: 281.1mg (28.11%), Fiber: 6.83g (27.31%), Vitamin C: 19mg (23.03%), Potassium: 803.94mg (22.97%), Vitamin B5: 1.83mg (18.3%), Manganese: 0.31mg (15.29%), Magnesium: 55.51mg (13.88%), Iron: 2.49mg (13.81%), Vitamin K: 12.82µg (12.21%), Vitamin B2: 0.19mg (11.13%), Vitamin B1: 0.16mg (10.5%), Zinc: 1.5mg (9.97%), Copper: 0.2mg (9.76%), Vitamin B12: 0.52µg (8.71%), Folate: 33.26µg (8.32%), Calcium: 61.64mg (6.16%), Vitamin E: 0.89mg (5.96%), Vitamin D: 0.2µg (1.36%)